

2017

# No Puffs: Penguins Go Smoke-Free

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Sciamanna, Monica, "No Puffs: Penguins Go Smoke-Free" (2017). *Scholarly & Creative Works Conference 2019*. 50.

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# No Puffs: Penguins Go Smoke-Free

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Senior Public Health Capstone  
Monica Sciamanna



# Background

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Smoking on College Campuses

## College Smokers

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- **10% of 18-24 y.o. are smokers**  
[1]
- **New generation of smokers**
- **1 in 5 deaths** due to smoking or secondhand smoke [2]
- Effect on **academics** and **health**





# The Problem

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University Policies & Stress

## University Policies & Stress

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- Find **relief in risky behaviors** (i.e. smoking and binge drinking)
- Administrations are taking an **active role** in health of their campus
- **1,827** smoke-free campuses <sup>[3]</sup>
  - UC Berkeley, SJSU, UC Davis

# Dominican's Current Smoking Policy [4]

“Effective January 1, 2011, **Dominican** University of California has become a **smoke-free campus**. The use of cigarettes, cigars, cloves, pipes, medical marijuana and hookah is **prohibited on all property** and in all indoor or outdoor spaces owned, leased, licensed or otherwise controlled by Dominican University.”

“Smoking is **permitted** in one **designated area** located near the Palm Avenue driveway ~~in front of Fanjeaux and Pennafort dormitories.~~”

**At the bottom of Edgehill Mansion parking lot.**

# Purpose

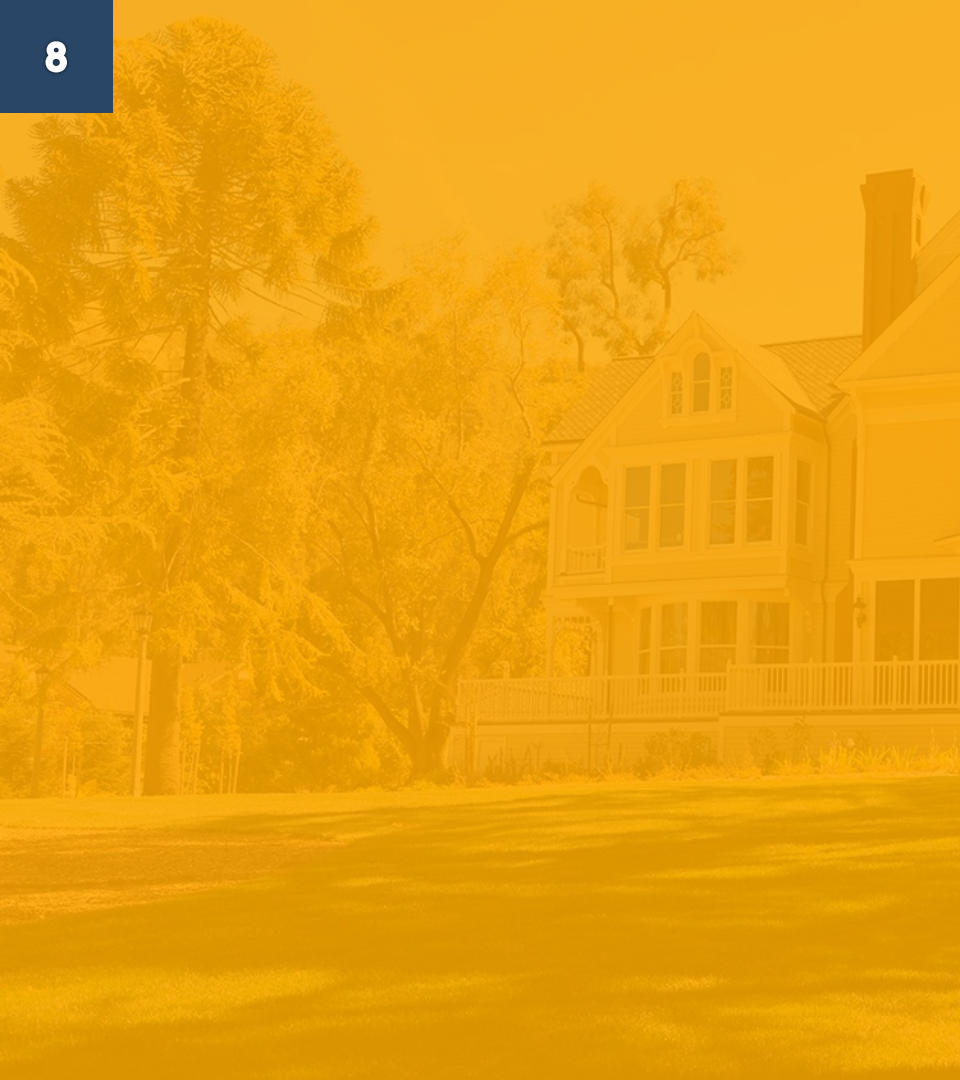
To examine the **current campus smoking behavior**.

To assess the **opinion of college students, faculty, and staff** regarding a **no-smoking policy** at Dominican.

To examine the **awareness** of the **current campus smoking policy**.

Data could be used to determine **future policy implications**.





# Methods

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A cross-sectional survey

## Study Design

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- 25-item, cross-sectional survey
- Approved by IRB
- Partner with the University
  - Help from Dean of Students
- Campus-wide email sent to students, faculty and staff



## Results

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Will Dominican go Smoke-Free?



# Demographics

Study Population = **303**

- Mean age = 26.81
- Females = 243 (80.2%)
- Majority were students (83.7%)
  - Seniors (22.7%)
  - Off-campus (40.9%)
- 36 (11.5%) were smokers



# Smoker Demographics

Total Smokers = 36

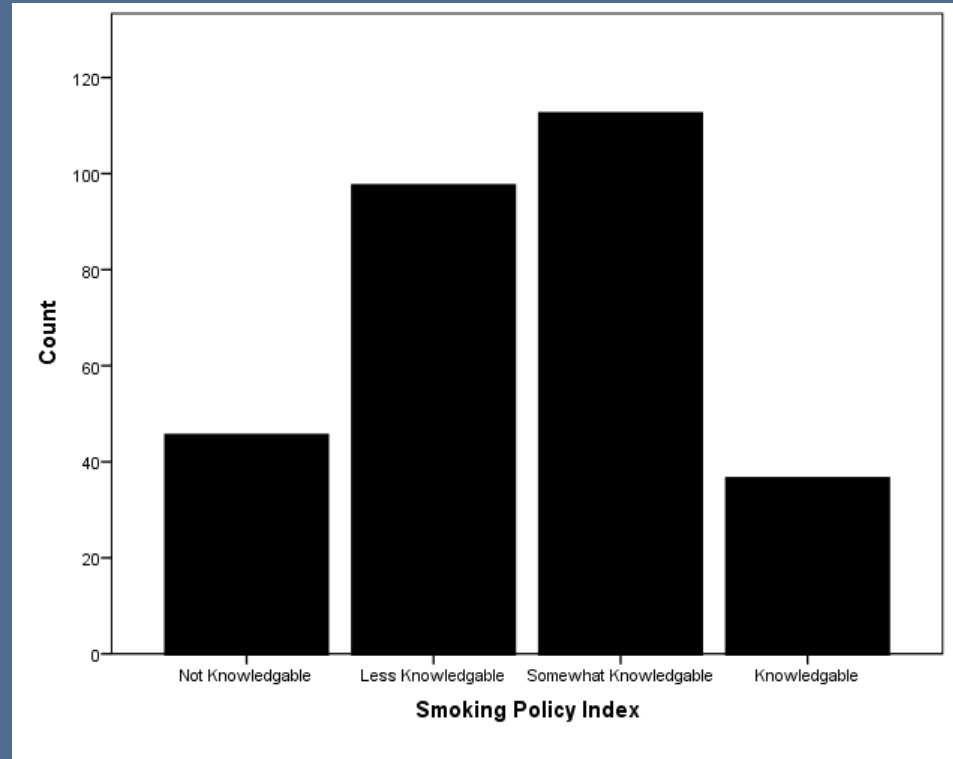
- 94.4% (34) of smokers on campus are students
- 44.4% smoke 1-3 cigarettes/day
- Majority (41.7%) would prefer a designated smoking area on-campus

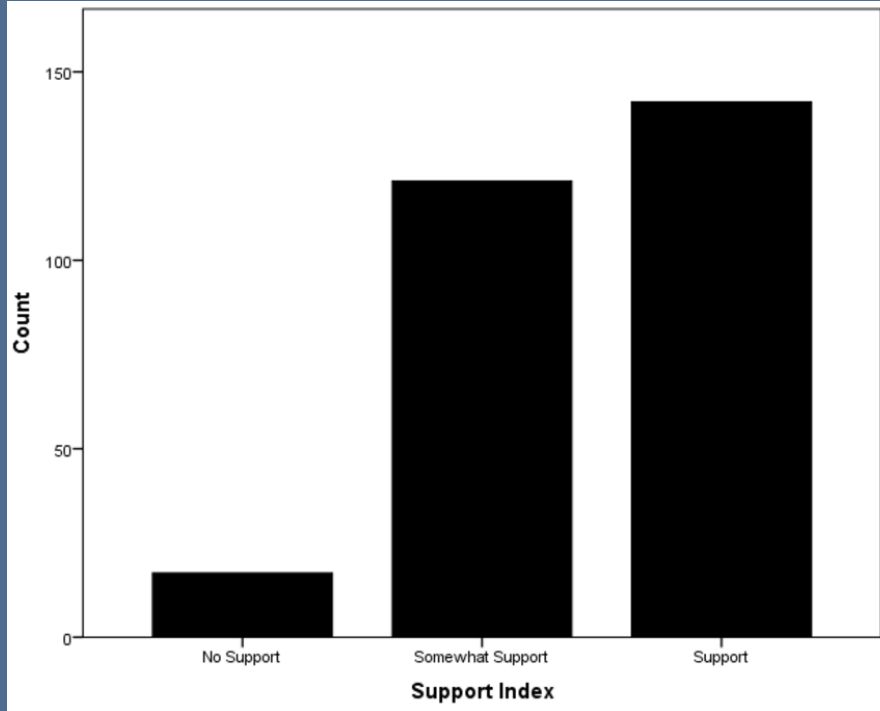


31% of participants indicated that **secondhand smoke** affects their **academics or work**.

# Smoking Policy Index

- **Females** support policy more than **males**
- Majority of **females** and **students** support a **designated area with penalties**
  - 82.2% of females
  - 82.1% of students





## Support Index

- **Significant difference** between **males** and **females** ( $p < .001$ )
- Majority of **females** and **students** want to see a **smoke-free** Dominican
  - 87.1% of females
  - 85.4% of students



## Future

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- Petition and Resolution
- University Executive Committee
- Possibly a **Smoke-Free Dominican!**
- Work on **implementation** and **enforcement** of the **policy**

## Acknowledgments

- Brett R. Bayles, PhD, MPH
- Andria E. Rusk, MScGH, PhD
- Patti Culross, MD, MPH
- Dr. Paul Raccanello
- All survey participants



# Thank You!

## Questions?



# References

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